



## EASTERN REGION

### PROGRAMS

#### COURSE INFORMATION CHART GUIDE

**Bar Code:** I.D. # unique to every course.

**Day:** Day (s) of week course is held.

**Dates:** Start date through end date of course.

**Time:** Start time through end time of course.

**Reg by:** Course registration deadline.

**Fee:** 1<sup>st</sup> fee listed: County resident cost.  
2<sup>nd</sup> fee listed: Non-county resident cost.

#### Swimming Lessons Financial Assistance

One important goal of the Fauquier County Parks & Recreation Board has been to work toward teaching each Fauquier County child how to swim. A special trust fund has been established to help fund this effort. The proceeds of which will be available to a limited number of youth for 2005 Swimming Lessons at Larry Weeks Community Pools. If you know of a child less than 10 years of age who does not know how to swim and cannot afford lessons, please make them aware of this new program. Information is available at any FCPRD Regional Office.

To contribute to this program, please use the "Tax-Deductible Gift" Form located on page 28. Indicate your gift as "Swimming Lessons Trust Fund".

### Swimming Lessons in Southern Region

If the dates and times you want for swimming lessons are not available at Larry Weeks Community Pools at Vint Hill, check-out page 12. Lessons sponsored by the Fauquier County Parks & Recreation Department are also scheduled in the Southern Region at the Bealeton Station Apartments, 11166 Willow Drive, Bealeton, VA 22712. Call (540) 788-4867 for more information.

## AQUATICS

### SWIMMING LESSONS

**Note:** All Eastern Region Swimming Lessons are held at the Larry Weeks Community Pools at Vint Hill.

#### Skills Screenings

Are you unsure of what swim level to enroll your child in? For your convenience, FCPRD offers in-water skills screenings at the Larry Weeks Community Pools seven days a week during operating hours. Just come to the pool and ask to have a lifeguard give your child a swim test. Cost is the pool admission fee.

#### Important to know-

- Children not toilet-trained must wear swim diapers.
- Students may need to attend several sessions of lessons before progressing to the next level.
- If a student enrolls in a lesson that is too advanced for his/her skills, FCPRD staff will make every effort to accommodate the student by placing him/her in the appropriate level. However, if the appropriate level is not available during the same dates, the registration fee will be refunded or the student may register for the appropriate level offered during a later session. The student will not be allowed to participate in a level that is too advanced for his/her skills.
- An age range is assigned to each swim class. Participants that do not fall within the specified age range on the Group Swim Lesson Chart will not be permitted to register for the swim lesson.
- Ages provided in the Swim Skills Progression Chart are the average projected progression for swim lesson participants.
- The pools are not available for public swim during swim lessons.

#### PRIVATE SWIM LESSONS

For those who prefer one-on-one swim instruction for their child or children, private individual and private group lessons are offered at the Larry Weeks Community Pools at Vint Hill. **Private Individual Lessons** are defined as having only one child assigned to an instructor. **Private Group Lessons** are defined as having two (2) or more children who are in the same swimming skill levels. (Refer to the Group Swim Lesson Skills Progression Chart below for more information on determining your child's swimming skill level.)

Private lessons are offered on the same days and times as group lessons. (Refer to the Group Swim Lessons Chart on page 19 for specific days and times.) Private Swim Lesson Request Forms are available at all region offices and the Larry Weeks Community Pools at Vint Hill. Call (540) 347-6834 for more information.

#### PRIVATE SWIM LESSONS

~Six - 40 minute lessons~

Residential Status	Individual Lessons (Per Child)	Group Lessons (Each add'l child)
County	\$150	\$50*
Non-County	\$300	\$75*

\*(Note: All private group lesson students must register at the same time.)

#### GROUP SWIM LESSON SKILLS PROGRESSION

CLASS TITLE	LEVEL	RECOMMENDED AGE	CLASS LENGTH	PREREQUISITES	NEW SKILLS TAUGHT
Tadpole	Infant/Toddler	6-18 months	40 min.	Parents must get in the water.	Introduction to water, games and activities.
Frog	Infant/Toddler	18-36 months	40 min.	Parents must get in the water.	Introduction to water, games and activities.
Starfish	Preschool I	3-5 years	40 min.	Must be able to leave parent willingly and follow directions.	Water adjustment, entry, floating and breathing introduced.
Seahorse	Preschool II	3-5 years	40 min.	Must be able to submerge face with comfort and float on front and back without support.	Kick, glide and arm stroke on front and back.
Salamander	Level I	4-6 years	45 min.	Must be able to leave parent willingly and follow directions.	Water exploration for those with fear or limited exposure to water. Fully submerge face. Experience buoyancy and demonstrate basic breath control. Demonstrate supported floating and kicking on front and back. Enter water independently.
Fish	Level II	5-8 years	45 min.	Level I Completion Certificate or must be able to submerge face for 3-5 seconds and glide to instructor.	Submersion, front and back floats, leg and arm action and breathing.
Otter	Level III	6-9 years	45 min.	Level II Completion Certificate or must be able to swim 5 yards on front and back on surface of water.	Rotary breathing in front crawl and freestyle; back crawl and backstroke; elementary backstroke; treading water; diving from pool side.
Dolphin	Level IV	8-12 years	45 min.	Level III Completion Certificate or be able to swim 10 yards each front crawl with rotary breathing, back crawl and elementary backstroke.	Develop and refine elementary backstroke, breaststroke kick and side-stroke kick.



## EASTERN REGION

### GROUP SWIM LESSONS

LOCATION: LARRY WEEKS COMMUNITY POOLS AT VINT HILL

COUNTY/NON-COUNTY FEE: \$65/98

MORNING LESSONS SESSION I June 20 - July 1 ~Register by June 14 <sup>th</sup> ~							
OPTION	LEVEL	AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
1	Starfish	3-5 years	8:00a-8:40a	M-Th	F	2 wks	1132
2	Seahorses	3-5 years	8:00a-8:40a	M-Th	F	2 wks	1211
3	Salamander	4-6 years	8:00a-8:45a	M-Th	F	2 wks	1222
4	Frog	18-36 months	8:00a-8:40a	M-Th	F	2 wks	1119
5	Starfish	3-5 years	9:00a-9:40a	M-Th	F	2 wks	1133
6	Seahorse	3-5 years	9:00a-9:40a	M-Th	F	2 wks	1212
7	Salamander	4-6 years	9:00a-9:45a	M-Th	F	2 wks	1223
8	Fish	5-8 years	9:00a-9:45a	M-Th	F	2 wks	1236
9	Otter	6-9 years	9:00a-9:45a	M-Th	F	2 wks	1255
10	Dolphin	8-12 years	9:00a-9:45a	M-Th	F	2 wks	1272
11	Tadpole	6-18 months	10:00a-10:40a	M-Th	F	2 wks	1106
12	Starfish	3-5 years	10:00a-10:40a	M-Th	F	2 wks	1134
13	Seahorse	3-5 years	10:00a-10:40a	M-Th	F	2 wks	1213
14	Salamander	7-11 years	10:00a-10:45a	M-Th	F	2 wks	1224
15	Fish	5-8 years	10:00a-10:45a	M-Th	F	2 wks	1237
16	Fish	9-11 years	10:00a-10:45a	M-Th	F	2 wks	1238
17	Otter	6-9 years	10:00a-10:45a	M-Th	F	2 wks	1256
MORNING LESSONS SESSION II July 5 - 15 ~Register by June 29 <sup>th</sup> ~							
OPTION	LEVEL	AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
18	Tadpoles	6-18 months	9:00a-9:40a	T-F; M-Th	F	2 wk	1107
19	Starfish	3-5 years	9:00a-9:40a	T-F; M-Th	F	2 wks	1135
20	Seahorse	3-5 years	9:00a-9:40a	T-F; M-Th	F	2 wks	1214
21	Salamander	7-11 years	9:00a-9:45a	T-F; M-Th	F	2 wks	1225
22	Fish	4-6 years	9:00a-9:45a	T-F; M-Th	F	2 wks	1239
23	Fish	5-8 years	9:00a-9:45a	T-F; M-Th	F	2 wks	1240
24	Dolphin	8-12 years	9:00a-9:45a	T-F; M-Th	F	2 wks	1273
25	Starfish	3-5 years	10:00a-10:40a	T-F; M-Th	F	2 wks	1136
26	Salamander	4-6 years	10:00a-10:45a	T-F; M-Th	F	2 wks	1226
27	Fish	5-8 years	10:00a-10:45a	T-F; M-Th	F	2 wks	1241
28	Otter	4-6 years	10:00a-10:45a	T-F; M-Th	F	2 wks	1257
29	Otter	6-9 years	10:00a-10:45a	T-F; M-Th	F	2 wks	1258
30	Dolphin	6-8 years	10:00a-10:45a	T-F; M-Th	F	2 wks	1274
31	Dolphin	8-12 years	10:00a-10:45a	T-F; M-Th	F	2 wks	1275
MORNING LESSONS SESSION III July 18 - 29 ~Register by July 12 <sup>th</sup> ~							
OPTION	LEVEL	AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
32	Tadpoles	6-18 months	8:00a-8:40a	M-Th	F	2 wks	1108
33	Frog	18-36 months	8:00a-8:40a	M-Th	F	2 wks	1121
34	Starfish	3-5 years	8:00a-8:40a	M-Th	F	2 wks	1137
35	Seahorses	3-5 years	8:00a-8:40a	M-Th	F	2 wks	1215
36	Salamander	12 & up	8:00a-8:45a	M-Th	F	2 wks	1227
37	Fish	3-6 yrs	8:00a-8:45a	M-Th	F	2 wks	1242
38	Fish	12 & up	8:00a-8:45a	M-Th	F	2 wks	1243
39	Frog	18-36 months	9:00a-9:40a	M-Th	F	2 wks	1122
40	Starfish	3-5 years	9:00a-9:40a	M-Th	F	2 wks	1138
41	Seahorse	3-5 years	9:00a-9:40a	M-Th	F	2 wks	1216
42	Salamander	4-6 years	9:00a-9:45a	M-Th	F	2 wks	1228
43	Fish	4-6 years	9:00a-9:45a	M-Th	F	2 wks	1244
44	Otter	6-9 years	9:00a-9:45a	M-Th	F	2 wks	1259
45	Otter	15 & up	9:00a-9:45a	M-Th	F	2 wks	1260
46	Starfish	3-5 years	10:00a-10:40a	M-Th	F	2 wks	1139
47	Salamander	4-6 years	10:00a-10:45a	M-Th	F	2 wks	1229
48	Fish	5-8 years	10:00a-10:45a	M-Th	F	2 wks	1245
49	Fish	9-11 years	10:00a-10:45a	M-Th	F	2 wks	1246
50	Otter	6-9 years	10:00a-10:45a	M-Th	F	2 wks	1261
51	Otter	10-14 years	10:00a-10:45a	M-Th	F	2 wks	1262
52	Dolphin	8-12 years	10:00a-10:45a	M-Th	F	2 wks	1276

MORNING LESSONS SESSION VI August 1 - 12 ~Register by July 26 <sup>th</sup> ~							
OPTION	LEVEL	AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
53	Tadpoles	6-18 months	9:00a-9:40a	M-Th	F	2 wks	1109
54	Starfish	3-5 years	9:00a-9:40a	M-Th	F	2 wks	1140
55	Salamander	4-6 years	9:00a-9:45a	M-Th	F	2 wks	1230
56	Fish	5-8 years	9:00a-9:45a	M-Th	F	2 wks	1247
57	Otter	4-6 years	9:00a-9:45a	M-Th	F	2 wks	1264
58	Otter	6-9 years	9:00a-9:45a	M-Th	F	2 wks	1265
59	Dolphins	6-8 years	9:00a-9:45a	M-Th	F	2 wks	1277
60	Frog	18-36 months	10:00a-10:40a	M-Th	F	2 wks	1123
61	Seahorse	3-5 years	10:00a-10:40a	M-Th	F	2 wks	1217
62	Salamander	4-6 years	10:00a-10:45a	M-Th	F	2 wks	1231
63	Fish	5-8 years	10:00a-10:45a	M-Th	F	2 wks	1248
64	Otter	4-6 years	10:00a-10:45a	M-Th	F	2 wks	1266
65	Otter	6-9 years	10:00a-10:45a	M-Th	F	2 wks	1267
66	Dolphin	8-12 years	10:00a-10:45a	M-Th	F	2 wks	1278
EVENING LESSONS SESSION V June 20 - July 8 ~Register by June 14 <sup>th</sup> ~							
OPTION	LEVEL	AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
67	Frog	18-36 months	7:15p-7:55p	Weeks 1-2: M-W Week 3: T-W	Th	3 wks	1124
68	Starfish	3-5 years	7:15p-7:55p	Weeks 1-2: M-W Week 3: T-W	Th	3 wks	1141
69	Salamander	4-6 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: T-W	Th	3 wks	1232
70	Fish	4-6 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: T-W	Th	3 wks	1249
71	Fish	5-8 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: T-W	Th	3 wks	1250
72	Otter	6-9 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: T-W	Th	3 wks	1268
73	Dolphin	8-12 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: T-W	Th	3 wks	1279
EVENING LESSONS SESSION VI July 11 - 29 ~Register by July 5 <sup>th</sup> ~							
OPTION	LEVEL	AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
74	Seahorse	3-5 years	7:15p-7:55p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1218
75	Salamander	4-6 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1233
76	Salamander	7-11 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1234
77	Fish	5-8 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1251
78	Fish	12 & over	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1252
79	Otters	6-9 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1269
80	Dolphins	8-12 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1280
EVENING LESSONS SESSION VII August 1 - 19 ~Register by July 26 <sup>th</sup> ~							
OPTION	LEVEL	AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
81	Starfish	3-5 years	7:15p-7:55p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1143
82	Salamanders	4-6 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1235
83	Fish	4-6 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1253
84	Fish	9-11 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1254
85	Otter	6-9 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1270
86	Otter	10-14 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1271
87	Dolphin	8-12 years	7:15p-8:00p	Weeks 1-2: M-W Week 3: M-T	W/Th	3 wks	1281

**SUMMER REGISTRATION BEGINS MONDAY, JUNE 6**

No late registrations will be accepted. (Refer to individual descriptions for specific registration deadlines.)  
Online registration available. Go to [www.fastlink.fauquiercounty.gov](http://www.fastlink.fauquiercounty.gov). If new client, see page 30 for details.